



WEST VIRGINIA INTEGRATED BEHAVIORAL HEALTH CONFERENCE

Positive Behavior Support: Strategies that Work in ALL Systems

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What is Positive Behavior Support?

- Positive Behavior Support is a set of processes that combine information from social, behavioral, and biomedical science and applies this information at the **individual and/or systems level** to reduce behavioral challenges and **improve quality of life**. Both systems-wide and individualized interventions used in PBS are **empirically** documented and can be used by a **wide range of support providers**. (APBS website)



Historical Perspective- Why PBS?

- Move to consider values within scientific and community-based approach
- Non-Aversive Community Reference Behavior Management became PBS
- Initial focus was in area of developmental disabilities
- Life Quilters - Initial efforts in early childhood, schools, independent living, mental health, cultural perspectives, traumatic brain injury, juvenile justice, DD, etc.
- Concurrent move to address systems perspectives – school-wide, program-wide, juvenile justice
- 20 years of experience – critical features of PBS apply to any system and individual need!



Six Practice Domains

- Foundation of PBS
- Collaboration and team building
- Understanding behavior
- Data-based decision making
- Person-centeredness and functional behavior assessment
- Comprehensive, multi-element behavioral support
 - http://www.apbs.org/files/apbs_standards_of_practice.pdf



Building a Foundation for Success

- Person-centered values
- Person centered planning
- Empowerment/Support: self-determination, choice, presence and participation
- Collaborative teaming
- Problem-solving
- Multi-tiered support



Taking a Prevention Approach

- Modifying the environment
- Understanding why behavior is occurring
 - functional behavior assessment
- Understanding the impact of the culture, family, community, school, etc.



Developing Positive Interventions

- Clarify the behavioral issues
- Identify effective strategies
- Teach appropriate behaviors
- Reinforce appropriate behaviors
- Provide effective consequences – should not be aversive, painful, etc.
- Supports should be multi-component – prevention, teaching, reinforcement



Expanding Our View of Outcomes

- Reduce problem behavior
- Increase appropriate social behaviors
- Focus on quality of life
- Apply in multiple environments
- Measure fidelity of implementation
- Produce supports that are sustainable



Introduction to Other Workshops

- “Positive Behavior Support Strategies that Support People with Complex Needs”
- “Developing an Interagency System to Support People with Complex Needs”



Questions?

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